



The School of HHP's Awards Program

The School of HHP's Scholarship/ Fellowship/ Awards Program provided more than \$70,000 in support in 2004-05 to the following students who were honored at the Annual HHP Honors Banquet on April 5:

Valerie A. Banning
Tamara L. Begley
Stephanie Blackmon
Heather T. Carson
Leslie A. Consitt
Dawn E. Coyne
Jonathan H. Dent
Ashley R. Dunston
Carlita V. Ector
Kelly L. Gott
Dionne C. Griffiths
Kimberly L. Herndon
Ioanna G. Hershberger
Jared R. Hill
Caroline E. Hinson
Diane M. Hutchinson
Derek M. Johnston
Manish Kumar
Deborah A. Mason
John Paul McClinton
Melanie L. McGrath
Elizabeth H. Messick
Tiffany N. Montanez
Maiya H. Newstead
Natasha E. Pilkington
Aymen S. Robertson
Abigail J. Rothe
Jennifer L. Sherman
Katie Smythe
Stephanie A. Stadden
Meagan H. Stobie
Cheryl S. Summerville
Marcus K. Taylor
Jason D. Waggoner
Daniel E. Ward
Sarah K. Weber



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
School of Health and Human Performance

uncg

horizons

UNCG Speech and Hearing Center

The UNCG Speech and Hearing Center, an integral part of the Department of Communication Sciences and Disorders (CSD), has as its mission to provide evaluation and intervention services on campus and in the community to individuals of all ages with hearing and communication disorders and differences. The Center also has a mission to provide clinical education to students and to engage in clinical research and prevention services.

In operation since 1967, the Center provides a comprehensive service program for diagnosis and therapy in speech, language, and hearing for children, adolescents, and adults. The Center, a modern, handicapped-accessible facility on the third floor of the Ferguson Building on campus, has eight therapy rooms with observation suites, a large preschool room with an observation suite,

two diagnostic suites for hearing evaluations, a room for hearing aid fittings, and a tinnitus counseling conference room.

Services at the Center are provided by graduate student clinicians in the Department of CSD, carefully supervised by faculty members who are state licensed and nationally certified by the American Speech-Language-Hearing Association. Faculty supervisors are responsible for the diagnosis and management of all clients assigned to graduate clinicians. The faculty have many years of experience

see Speech and Hearing on page 5



*Tobbie Burton, Graduate Clinician, (at left)
works on fluency therapy with a mother and
her 10-year-old daughter.*

Message from the Dean



David Perrin

Since becoming the School of HHP's Dean in 2001, nothing has given me greater pleasure than traveling the country to learn about our rich history and tradition of excellence from the alumni and retired faculty of Woman's College and UNCG. Two years ago I visited Vail Saunders, an alumna from the class of 1926 and a career teacher,

in Wilmington. Miriam "Mike" Holt, a graduate of the class of 1939, was overseeing her care. Mike didn't know Vail, but when she learned a WC alumna was living at a local nursing home, she thought helping with her care was the right thing to do. I have since visited alumni from every decade since the 1920s, and the stories I hear are mesmerizing — from campus reactions to the attack on Pearl Harbor to the admission of the first African Americans to WC. The impact that Miss Martus, Ellen Griffin and many others had on our alumni resonates loud and clear.

I have also come to know many of our distinguished retired faculty, including Kate Barrett, Pearl Berlin, Gay Cheney, Bob Christina, Rosemary McGee, Mariana Newton, Marie Riley, Sally Robinson, Marian Solleder, Celeste Ulrich and Sis Van Dyke. These individuals continue to be important sources of information, guidance and support for me.

Thankfully I had the opportunity to meet Virginia Moomaw and to become well acquainted with Gail Hennis before their deaths. I had an appointment to meet Betsy Umstead (with a directive from her to learn and perform the University song!), but she unfortunately became too ill to visit before her passing.

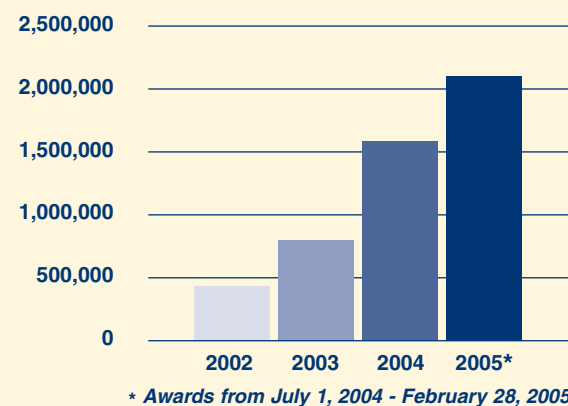
The tradition of excellence, so strongly established by our alumni and faculty, is one I value deeply and pledge to continue. In the last issue of Horizons, I shared my excitement for the Students First Campaign (SFC) because of the unique opportunity it gave HHP's community to build on this tradition and help create the most relevant and powerful educational experiences possible for our students. It has given us just that, and I am pleased to report that we are making excellent progress toward our five-year goal for the SFC. For example:

- **Seventy alumni — a fourth of whom are first time donors — have sent gifts to establish the Marge Leonard Scholarship.**
- **Five new funds have been established to support research and service programs within the Center for Women's Health and Wellness — the Alight Initiative for Breast Cancer Survivorship, the Ulrich Fund, and the Caroline Furey Matney, Doris S. Tanger and Loretta M. Williams Research Funds.**
- **The Dean's Student Advisory Council has launched a campaign to solicit gifts from fellow students to award a scholarship to one of their peers during the 2005-06 academic year.**

Our school and students also benefit from external funding from grants and contracts. This is a critical source of support for today's universities in the face of decreasing support from the state. Your faculty have truly responded to the challenge through the spirit of cooperation and the concept of differential work assignments. Through these efforts, we have substantially increased our annual external funding to more than \$2 million dollars since July 1, 2004 (see chart). In addition to supporting HHP research, these dollars are creating graduate assistantships and helping to support new teaching initiatives within the School.

I hope you will consider joining the HHP community and your fellow alumni and friends in considering ways to help maintain the tradition of excellence. As always, I welcome your comments and suggestions and can be reached at dhperrin@uncg.edu or by calling (336) 334-5744.

HHP Annual External Funding from Grants and Contracts



UNCG Alumna Receives National Award from LPGA

The Ladies Professional Golf Association has given Marge Burns, a 1946 graduate of Woman's College, the Ellen Griffin Rolex Award — its highest award for golf instructors. Burns holds 10 N.C. State Amateur titles from the 1950s and 1960s. Five times, she was named the Carolinas Outstanding Amateur Athlete, an honor no one else has received more than twice. She was the Carolinas champion six times, qualified and played in 14 USGA Amateur Championships and six U.S. Opens.

"It means a great deal to me to win this award," said Burns, who has been an LPGA teaching and club professional since 1971. "I have been associated with golf since I was 7 years old. Golf has been my life, and it is hard to put into words."

During her historic amateur career, Burns amassed more than 40 victories and either reached the semifinals or was runner up in an event 50 times.

Her experiences with golf began after her family moved to Greensboro in 1931. On Sundays, when her mother was visiting with friends and family, Burns was on the golf course with her father. At his urging, she took up the clubs herself and began playing.

She attended WC from 1942 to 1946, graduating with a bachelor's of science degree in physical education. She was a student of Ellen Griffin while at WC.

"There are great golfers and there are great golf instructors. Rarely, though, does one person

achieve excellence in both skills," the Greensboro *News & Record* wrote of Burns in 2000.

The School of Health and Human Performance at UNCG gave her a distinguished alumni award in 1991. In 2000, she was among the inaugural inductees into the UNCG

Athletic Hall of Fame.

"Her abilities in golf led to extraordinary accomplishments as an amateur competitor and teacher over the past 50 years," UNCG officials wrote when she was inducted.

Strokes have limited Burns' ability to play golf, but not her love of the game. She continues to be an avid fan, to teach and to rack up the accolades.

The Ellen Griffin Rolex Award, given by the LPGA since 1989 to honor Ellen Griffin, recognizes men and women who made a major contribution to teaching golf and who emulate Griffin's love and dedication to students, teachers, teaching skills and the game. Griffin, who died in 1986, was one of the best-known women's golf professionals in American history, according to the LPGA.

Past recipients of the award are: Peggy Kirk Bell (1989), Linda Craft (1990), Shirley Englehorn, (1991), Harvey Penick (1992), Goldie Bateson (1993), Carol Clark Johnson (1994), Joanne Winter (1995), Ann Casey Johnstone (1996), Dr. DeDe Owens (1997), Shirley Spork (1998), Betty Hicks (1999), Gary Wiren (2000), Penny Zavichas (2001), Annette Thompson (2002) and Dr. Barbara B. Smith (2003).



Marge Burns

UNCG Alumnus Honored at Elon

David L. Wyrick '98 MA, '03 PhD, of Greensboro received The Young Alumnus of the Year Award from the Elon Alumni Association. Wyrick earned his MPH in 1998 and his doctorate in education research methodology in 2003 both from UNCG.

As a research associate at Tanglewood Research in Greensboro, Wyrick has secured more than \$3.5 million in grants from the National Institutes of Health to help young people avoid alcohol and drug abuse. He has made 29 presentations at international conferences, authored four research papers and written a book titled *Alcohol Use and Harm Prevention: A Resource for College Students*. He has served as a reviewer for *Prevention Science*, the leading international journal dedicated to the science of alcohol and drug abuse prevention.

The impact of his work is felt in local schools, where Wyrick has created four drug prevention programs for students. He teaches as an adjunct professor of public health education at UNCG and has volunteered his time as a Sunday school teacher, basketball coach and member of the Guilford Health Partnership.

HHP Alumna Lands Grant from National Cancer Institute

Dr. Karen M. Mustian '03 PhD recently secured a grant from the National Cancer Institute (NCI) to examine the use of yoga intervention in cancer patients who are experiencing persistent sleep disturbances two to 12 months after their treatment.

Dr. Mustian is an Assistant Professor of Radiation Oncology at the University of Rochester School of Medicine James P. Wilmot Cancer Center.

"It is actually quite remarkable and something I never expected," she said. "This was my first submission ever of a grant. I expected it to be a learning experience more than I ever expected it to be funded."

The grant will allow for a Cancer Control Cooperative Group Study. It will be funded by NCI through the Office of Cancer Complementary and Alternative Medicine.

The study will recruit patients from all over the country at approximately 20 sites, including Hawaii, California, Washington, Florida and North Carolina. The study was designed based on previous work from Dr. Mustian's dissertation. She expects to recruit 300 patients in the next 4 years.

HHP Students First Campaign Update by Kate Barrett

Since my retirement in 1997, I have become increasingly sensitive to the unique qualities and strengths that characterize the School of HHP. I accepted Dean David Perrin's offer to chair HHP's Students First Campaign Committee because I think HHP is on the cutting edge of knowledge — and I want to help it stay there. To keep our place in the forefront of health and human performance schools, we need to show our support to the school financially in any way we can.

My belief in the school is unwavering, and I am inviting you to play an important part in its future. Chancellor Patricia A. Sullivan said it best when she spoke to us at the start of the campaign. "Each of us must play a role in the next evolution of UNCG, empowering us all to take a dramatic step into the future," she said. "Together there is much we can achieve. Join us in making this impact."

As Dean Perrin shared in the last issue of *Horizons*, "The excitement for the 'Students First' campaign is palpable throughout the HHP community." He is right, we are excited, and we are off to a great start. Let me share some specifics with you:

UNCG's goal is \$78.2 million (during the first 5 years)

Figures for the Period Ended April 30, 2005

University Grand Total:	\$25,834,564
HHP's Contribution	
Total receipted gifts:	\$403,416
Total outstanding pledges:	\$94,247
Total planned gifts:	\$2,166,079
Grand total:	\$2,663,742

We have much to celebrate as we see alumni and friends demonstrating their unqualified belief in the school with a remarkable commitment to its future through their generous planned gifts. These gifts help to ensure the long-term viability and

School of HHP Students First Campaign Committee

Kate R. Barrett, <i>Chair</i>	Susan McDonald '67
Bobbi Carson '58, <i>Honorary Chair</i>	Mary Beth McGirr '80
Bill Evans '98	Ron Morrow '84, '00
Betty Flinchum '57	Mary Lou Thornburg '63
Pat Hielscher '66	Len Wilkerson

excellence of the school and we are truly grateful.

These donors know that their gifts alone cannot ensure the next phase of our school's development. There are current needs that must be addressed to have the school maintain the quality of excellence it now enjoys.

It is clear we need to challenge ourselves to support HHP today — just as we are doing to support it for tomorrow.

Here are some examples of ways we can all participate within the context of HHP's four initiatives and monetary goals:

Students First initiative (HHP goal: \$1 million)

- Endow a scholarship or add to one already in existence.

Faculty initiative (HHP goal \$790,000)

- Endow an Excellence Professorship or create a current (restricted) fund to assist faculty in their professional development needs.

Environment initiative (HHP goal: \$160,000)

- Endow or create a current fund to support academic programs that provide innovative professional development experiences for undergraduate and graduate students.

Research and Service initiative (HHP goal: \$1 million)

- Endow a fund or add to one already endowed; create a current fund or add to one to support the mission of the Center for Women's Health and Wellness.

With an endowed fund, your gift is invested, and a portion of the earnings is used each year for the fund's specific purpose (e.g. UG scholarship, G fellowship, program fund).

With a current (restricted) fund, your gift is not invested, and its use is guided by the fund's specific purpose(s).

For more information, please call me at (336) 292-4929 or email krbarrett@earthlink.net. I look forward to everyone finding a role to play in HHP's future.

Honorary Committee Members

Marian Solleder	Rosemary McGee
Dick Swanson	Mariana Newton
Celeste Ulrich '46	Marie Riley
Sis Van Dyke '47	Sally Robinson '61
Gay Cheney	

Speech and Hearing continued from front page

and expertise in the field of communication disorders.

Our on-campus referrals come from UNCG students and faculty and from physicians, educators, parents, agencies, and individuals in the Greensboro and surrounding areas. The following services are available to community members of all ages:

- **Evaluation of hearing, speech, language, fluency, and voice**
- **Language-literacy evaluations in the areas of reading, written language, and phonologic awareness**
- **Hearing-aid consultation and fitting**
- **Evaluation of auditory processing**
- **Auditory evoked potential evaluations**
- **Tinnitus retraining therapy (TRT)**
- **Therapy for disorders of articulation, language, language literacy, voice, and fluency**
- **Individual or group therapy for transgendered individuals in the areas of voice and language**
- **Preschool language groups for young children with language delay**
- **Assistance in accent modification for speakers of English as a second language**
- **Assistance for persons wanting to code-switch between Standard American English and a dialect**

A recent addition to the Center is the Voice Care Clinic, a collaborative effort between Morehead Memorial Hospital of Eden, NC, and the Department of CSD at UNCG. This specialized clinic offers prevention, assessment, and treatment services to clients with a wide variety of voice disorders. Individual or group screening and prevention programs are offered for individuals at high risk for voice disorders, including singers, actors, teachers, and other

professional voice users. After a physician's referral, complete evaluations and treatment plans are provided for clients with disorders ranging from spasmodic dysphonia and vocal nodules to voice problems resulting from Parkinson's disease and other neurologic disorders. The Voice Care Clinic also provides rehabilitation for persons who have had a total laryngectomy, a surgical procedure to remove the entire larynx, or voice box. Postlaryngectomy services include artificial larynx use, esophageal speech training, and tracheo-esophageal puncture management (voice prosthesis).

In addition to the evaluation and therapy services at the on-campus clinic, the center also provides screenings, evaluations, and therapy in the community. Through a personnel preparation grant from the US Department of Education entitled A Master's Degree Program in Speech-Language Pathology and a Community Partnership to Identify and serve Language-Literacy Impaired Adolescents in the Juvenile Justice System, the graduate clinicians-grant trainees will provide language-literacy therapy for middle school youth at the Juvenile Structured Day Program of Guilford County through the summer of 2006. Through contractual agreements with Guilford County Schools and Phoenix Academy, a charter school, the center provides assessments and weekly therapy for elementary school, middle school, and high school students. Speech and hearing screenings are conducted at preschools in the area and through Senior Resources at community centers. For additional information on the UNCG Speech and Hearing Center, please visit <http://www.uncg.edu/csd/center.html> or call (336) 334-5939.

2004 Ethel Martus Lawther Alumni Awards



The 2004 Ethel Martus Lawther Alumni Award winners, pictured with Dean David Perrin, are from top to bottom: Heidi Mezel Majors '94, '00 MS; Elizabeth "Betty" Marshall '73, '77 MA, with Dr. Mariana Newton; and Caroline Tisdale Moseley '97, with Dr. Kay Lovelace. Ms. Majors is the executive director of the High Point YWCA. She is also active in the community, serving on the High Point Violence Task Force, North Carolina Youth and many other committees. Ms. Marshall is the director of the Danville Speech and Hearing Center. She has been appointed by the Virginia governor to the licensing board and has also served on numerous boards of nonprofit organizations. Ms. Moseley works for the Guilford County Board of Health and has contributed to improving treatment and prevention records for human immunodeficiency virus and sexually transmitted disease infections in Guilford County.

\$2.5 Million Grant to Fund Family Planning Center Targeting Males

Historically, family planning has targeted young women and ignored the other half of the equation — young men. A new grant from the federal Department of Health and Human Services creating a national center for male family planning could change that.

The University of North Carolina at Greensboro has received a grant, which will total more than \$2.5 million over five years, to develop a national Family Planning Male Training Center for public health workers who will work with young men to prevent unwanted pregnancies and sexually transmitted diseases.

"This male-targeted center for family planning can help reduce unwanted pregnancies and sexually transmitted diseases in the Triad," said Dr. David Perrin, dean of the School of HHP. "Moreover, through the education of family planning personnel across the country, it will have a national impact on this serious public health concern."

Dr. Bill Gruchow, a professor in the Department of Public Health Education in the School of HHP, has focused much of his research on the male side of family planning and directs the project. It is worth \$500,000 in the first year and renewable for up to five years. Dr. Bob Aronson, also from UNCG's Department of Public Health Education, will

be involved in the project as a result of his research on the role of male identity in health behaviors.

"This project is a significant and historic development in addressing two major public health problems and a wonderful application of Dr. Gruchow's research experience," said Dr. Keith Howell, associate dean for research for the school.

Many state and community health departments lack the materials or training for male-targeted programs. This project aims to improve these deficiencies in two phases.

First, national training activities will prepare personnel to provide young men with family planning resources, information and training.

Second, a strategy will be developed to ensure that current research findings on evidence-based resources are available to family planning organizations. In addition, existing male-focused health resources will be identified and refined.

Gruchow and Aronson also will work with the Male Advocacy Network (MAN), a national organization that focuses on male health issues.

The grant will help the group develop a web site for the Family Planning Male Training Center.



Dr. Bill Gruchow



Dr. Bob Aronson

UNCG'S Department of Exercise and Sport Science Endorsed



Dr. Paul Davis

The Department of Exercise and Sport Science at UNCG has received the endorsement of one of the nation's leading sports science organizations.

The American College of Sports Medicine has endorsed the department of ESS, which is housed in the School of HHP. The endorsement specifically recognizes the fitness leadership curriculum.

"This is an important endorsement for our students because the ACSM is the gold-standard agency for fitness-related careers," said department head Dr. Kathleen Williams.

The department applied for the endorsement by sending in application

forms, class syllabi and curriculum vitae of professors in the certification program. The endorsement is reviewed annually. The department is working on a similar endorsement for the master's degree program.

"This endorsement shows that our undergraduate curriculum meets the objectives established by the ACSM for the Health Fitness Instructor certification," said Dr. Paul Davis, an assistant professor in the department who helped work on the application. "And ACSM is one of the most widely recognized sports medicine organizations in the world. This, in essence, adds another level of prestige to the program."

Department Gets New Name and Interdisciplinary Focus



Dr. Stuart J. Schleien

A new department name in the School of Health and Human Performance will give the reorganized academic unit a comprehensive and interdisciplinary focus, according to department leaders.

The Department of Recreation, Parks, and Tourism has merged with the Hospitality Management Program, forming the new Department of Recreation, Tourism, and Hospitality Management in a move that department leaders say will provide students with expanded access to education, training and research in these fields.

"The synergy between hospitality, tourism and recreation is very exciting. This merger was carefully considered by university and community personnel representing several disciplines," said Dr. Stuart J. Schleien, department head. "It offers us an interdisciplinary approach to our teaching, research and community service. There are several advantages resulting from this merger. Most importantly for our students, we will be in position to present a comprehensive curriculum to address all facets of the hospitality and tourism industries, including hotels, restaurants, travel and tourism."

In this new configuration, the department provides two undergraduate programs: a Bachelor of Science degree in Recreation and Parks Management and a Bachelor of Arts degree in Hospitality and Tourism Management. The department also offers a Master of Science degree in Recreation and Parks Management. The Recreation and Parks Management Program is directed by Dr. Nancy Gladwell, and the Hospitality and Tourism Management Program is directed by Dr. Bonnie Canziani.

Programs in recreation, parks and tourism have been part of UNCG since 1947, when they began within the Department of Physical Education. The hospitality curriculum commenced in fall 2000. Since 2003, four new faculty have joined the department to help carry out this mission in teaching, research and community outreach. The Department of Recreation, Tourism, and Hospitality Management currently boasts 230 students, including a strong cohort of graduate students. Faculty members have established strong relationships with recreation, parks and hospitality/tourism agencies across the Piedmont Triad and throughout North Carolina.

"The synergy between hospitality, tourism and recreation is very exciting."

Dance Faculty News



Dr. Eluza Santos will be on a research assignment in the fall semester (2005) to conclude work on "Coyolxauhqui ReMembers," the first group choreography by the Latina Dance Project

(LDP), begun in the summer of 2004. The LDP is a group of four nationally recognized Latina dance artists who explore the unique, dynamic, and passionate voices of the hybrid cultures of Brazil, Mexico and the United States. It was founded in 2002, with its premiere coordinated by Dr. Santos at UNCG. It represents the rising voice of a new aesthetic in contemporary dance, supporting the expression of the Latina experience through concert performance and research/scholarship. The first creative collaboration of LDP, "Coyolxauhqui ReMembers," is a full-evening dance-theater piece developed by the group and its committed presenting partner, the National Hispanic Cultural Center (Albuquerque, NM). The dance-theater piece will premiere at the National Hispanic Cultural Center in Albuquerque, N.M., in January. After that, it will tour nationally, including a residency at UNCG. This work is funded research, having received financial support totaling \$15,500.



Dr. Jan Van Dyke has been granted a leave for next year. She will spend the time as a first-year MFA student in film and video production at UNCG. Her goal is to learn as much as possible about

new technology, so that she can extend her abilities into the area of making dance for film. Dance for film is not the same thing as filming dance on a stage. It involves designing movement specifically for the camera, with all its possibilities, and then editing the footage for the desired flow and content. This is a growing area within dance, a means of producing choreography without the expense of rehearsing for each performance. It is also a way to show work nationally and internationally without arranging travel for a company of dancers. After completing her sabbatical, Dr. Van Dyke will have produced her first film and will explore integrating this technology into her teaching.

UNCG Professors and Alumni Win State Honors



Dr. Tammy A. Schilling '99 PhD, an assistant professor in the Department of Exercise and Sport Science at UNCG, has been

named the Physical Education Association University Physical Education Teacher of the Year and the Edgar W. Hooks Jr. Young Professional of the Year by the North Carolina Alliance for Athletics, Health, Physical Education, Recreation and Dance (NCAAHPERD).



Dr. Janie Brown '80 EdD was presented with the Physical Education Association Lifetime Service

Award. She teaches at Elon University, where she holds the Watts Thompson Professorship in the Department of Health and Human Performance. She has been the department chair nearly 20 years.

Katie Carter '91 has been named director of Dance Education Programs by NCAAHPERD. She currently serves as the director of dance education and the Arts Education Academy at Seventy-First High School in Fayetteville, N.C. She is also a professional grant writer and is the recipient of more than \$300,000 in grant money in the last three years. She was named to "Who's Who Among American High School Teachers" for the fifth time and is the 2004-2005 Teacher of the Year for Seventy-First High School, where she teaches a curriculum of modern dance and ballet.

Kacy E. Crabtree '87 MFA has been named the College and University Dance Educator of the Year by NCAAHPERD. She is an arts educator and administrator and has been teaching for 25 years. She has been on the faculty at Lees-McRae College for 15 years. She is past president of the Dance Association for North Carolina Educators and currently serves as a board member and the director of state and district relations for the National Dance Association.

Ernest Holcomb '76 MS has been named the High School Physical Education Teacher of the Year by the Physical Education Association. For nearly 21 of his 30 years in education, he has served as a health and physical education instructor and head baseball coach at Reidsville High School in Reidsville, N.C. He is nationally board certified.

Mary Grady Norkus '80 BFA has been named Community Dance Educator of the Year by NCAAHPERD. In 1991, Mary opened Dancentre studio with Melody Eggen and continues to teach ballet, modern dance and creative movement to students 3 to 18 years old. In 1996, Mary began teaching dance and physical education at Durham Academy Middle School to students in fifth through eighth grade.

Dr. Amy Stringer '04 PhD was selected the Middle School Teacher of the Year by the North Carolina Association for the Advancement of Health Education. Dr. Stringer's teaching career spans 17 years and two continents. She has taught health and physical education in Ecuador, Haiti, Michigan and North Carolina. Since 2000, she has worked as a family life education resource teacher for the Guilford County Schools. Her responsibilities include serving four middle schools, being a mentor and providing parent education.

Michelle Wallen '99 MA has received the Edgar W. Hooks Jr. Young Professional Award from NCAAHPERD. She has a master's degree from UNCG in public health and is pursuing her doctorate at UNCG. With experience as a public school teacher in Alamance County and Chapel Hill-Carrboro, she currently is a consultant in healthful living for the N.C. Department of Public Instruction.



Nicole Willis '95 has been recognized as Middle School Dance Educator of the Year. Ms. Willis serves as the dance and drama teacher for Madison Middle School in

Marshall. She received her dance education degree and K-12 certification from UNCG in 1995. Since beginning her work at Madison more than eight years ago, she has brought the dance program from 70 students to 300. She works closely with an after-school program to provide ballet classes for students. She was honored with the Sallie Mae First Year Teacher award in 1996. She was also recognized as Teacher of the Year for Madison Middle School and advanced as a runner-up for the county's Teacher of the Year Award in 2002. She also serves in a leadership role on the NCAAHPERD-DANCE Board as a District 8 representative.

Fleta Windell '70 has been named the Robert E. Blackburn Outstanding Jump Rope for Heart Coordinator of the Year for 2004. She was instrumental in developing this program of the American Heart Association at Providence Spring Elementary School in Mecklenburg County, North Carolina. Her efforts and hard work often have led her school to be the top fundraiser in North Carolina.

ESS Alumni Garner Honor



Karen Lux



Amanda Shoe

Two HHP alumni, Karen Lux and Amanda Shoe, were honored by Project Fit America (PFA) in its All Star Teacher Showcase. The PFA All Star Teacher Showcase puts a national spotlight on teachers and their ideas, sharing their lesson plans and creativity so that teachers around the country can benefit.

Karen Lux, a 2000 ESS graduate, teaches at Jesse Wharton Elementary School in Greensboro and received a PFA grant in 2001.

Karen is a fifth-year teacher at the school and faces the challenge of seeing her students only once a week. Searching for ways to make a difference in her students' fitness and bring consistency to their physical activity, she has offered a variety of games, challenges, clubs and hallway promotions to the school. These efforts have won the support of the teachers, principal and parents.

Amanda Shoe, a 2001 ESS graduate, teaches at Lindley Elementary School in Greensboro and received a PFA grant in 2001. She has decorated the walls of her gym with motivational messages for students, promotional wall charts and wonderful exhibits of every student's accomplishments. Amanda creates a fun and nurturing environment that helps her students to succeed in their physical goals. She also serves as a role model, which brings out the best in her students, colleagues and community.

CSD Career Fair — Alumni helping the next generation



This page: Natalie Slade Stokes '90, '92 MA (at left) talks to student Jihan Ali

Above right: Emily Berry '97 (at left) and Karen Parrish '80 (center) talk to student Laura Khorozov

Bottom right: Student Laura Bowers talks to Alice Chastain '76, '78 MA



Phenomenal Women: The Physical Education Majors of WC

Isabel Wilson Taylor, 1934 By Sharon Storm Brown

Isabel Wilson Taylor '34 clearly recognized the value of a college education.

She spent the rest of her life using that education to teach others.

Isabel Wilson Taylor '34, was born in Dunn, N.C., in 1914, the youngest in a family of 10 children — five girls and five boys.

Education was important to Isabel's parents. Her mother had received a teaching certificate from Smithfield and her father had put himself through law school. It was expected that all the children would go to college, and all but one of her siblings did.

Isabel had no doubts about which school she would attend. "I knew I was going to WC," she says. "All my sisters had gone there. I was bound to go."

Unfortunately, her father died when Isabel was a senior in high school. Even though her mother started her own dairy farm business as a widow, Isabel knew that staying in college in the midst of the Depression would be difficult.

With what little savings the family had left, Isabel began her studies in the Physical Education department of WC in 1930. She took jobs on campus, including one in the office of Miss Mary Channing Coleman. In spite of her financial worries, she remembers her years at WC as a very happy time.

With the help of her sister Beverly, who had previously graduated with a degree in physical education, Isabel managed to pay tuition for her first

two years. The time came, however, when Beverly could no longer help. She was married with small children and a husband in law school.

Isabel decided to go to the top for help — Julius I. Foust, the president of the college. "He told me not to worry," remembers Isabel, "that he would fix things up." He did and she was safe for her junior year.

Lacking train fare, Isabel hitchhiked to college from Dunn, arriving two weeks late for the beginning

of her senior year. She had been trying to find the money to go to school. Failing to do so, she again went to President Foust. This time, his hands were

tied. "They won't let me do anything," was all he could say. Isabel borrowed money from a brother and managed to pay for her last year at WC.

Thanks to Miss Coleman, Isabel got a job as a camp counselor in the mountains of North Carolina the summer after graduation. She remembers Eleanor Roosevelt coming through the mountains by train, stopping at all the stations. "Things like that were hard to beat."

While Isabel was working that summer, Miss Coleman recommended her for a job opening in Wilmington. Her starting salary as a physical education teacher was \$70 per month.

She taught for four years before getting married. She stopped teaching while she raised her two children, occasionally substitute teaching. She eventually returned to the profession she loved when the children got older.

Somehow, she said, she always ended up with the "problem kids," although they weren't as much of a problem once they were with her. Her principal thought he would reward her one year by giving her the gifted class. After a short time, Isabel asked to go back to her former class. "I felt the difficult kids needed me more than the others," Isabel remembers.

When she retired from the school system, Isabel continued to teach, volunteering to help adults learn to read. She tutored in her home. Because many of her students were African-American, Isabel had to ask permission of her neighbors. She remembers one 30-year-old man who, after making his way through various children's books, finished "Goldilocks and the Three Bears." He was very quiet. When she asked what was wrong, he confided, "I always wondered how that story ended."

Isabel now lives in her home on Ocean Isle overlooking the Intercoastal Waterway. She is visited often by her two children and her two grandchildren.

When asked to give advice to younger people about how to make it through difficult times, Isabel replied, "You have to have determination."

Isabel Wilson Taylor graduated and became a teacher in part because of the help she received — from her family, Julian Foust and Mary Channing Coleman. Today, there are many students like Isabel, struggling to stay in school. UNCG currently has more than \$14 million in unmet scholarship need. Please consider helping a student by making a gift to an existing scholarship or endowing a new one. If you have any questions, please contact Sharon Storm Brown at (336) 256-1481, or ssbrown2@uncg.edu.



The Taylor family: Isabell Wilson Taylor, highlighted

Projects Aim to Promote Physical Activity in the Triad



Dr. Wideman

The Moses Cone-Wesley Long Community Health Foundation has given Dr. Laurie Wideman, a professor of Exercise and Sport Science, \$178,000 to fund three projects aimed at encouraging people in the Triad to be more active.

"Basically, with this grant, we hope to promote physical activity across a wide range of communities. Our goal is to try to hit multiple sites with activities that will hopefully reduce obesity in the community," Wideman said.

The first project is an expansion of Walking Wednesdays, a program that promotes walking during the lunch hour. The program encourages people to walk for an hour during lunchtime each Wednesday in downtown Greensboro and other locations across the Triad. The program, which in the past has run for six weeks in the fall and spring, will be expanded under the grant to three days per week — Monday, Wednesday and Friday — for eight weeks in the spring and fall.

The second project is the Stairwell Usage Project. Based on the Centers for Disease Control and Prevention's stairwell project, a pilot program was tested last year at Grogan Residence Hall on the UNCG campus and at the Guilford Department of Public Health. With signs posted beside the elevators and stairs in multi-story buildings, the Stairwell Usage Project encourages people to use the stairs rather than elevators. Five businesses will receive \$2,500 grants to improve their stairwells and place permanent signs in their buildings.

The third project promotes neighborhood walking groups. Wideman and others will work with neighborhood groups who start their own walking teams. The teams will receive information packets on developing a program and a route as well as funding for incentives, such as water bottles or sneaker gift certificates.

"I think the people who are dedicated to the idea of physical activity aren't the people we need to reach right now," Wideman said. "We are trying to focus on the individuals who aren't engaged in physical activity."

Inaugural Recipient of Loretta M. Williams Undergraduate Research Scholarship in CWHW Selected

The Center for Women's Health and Wellness is pleased to announce that Elizabeth Messick is the inaugural recipient of the Loretta M. Williams Undergraduate Research Award.

This award was established this year by Dr. Kathleen Williams, professor and head of the Department of Exercise and Sport Science, and her father, Theodore S. Williams, in honor of her mother, Loretta Williams. The award supports an undergraduate student scholarship related to women's health and wellness. The recipients of the award are undergraduate students from any department in the School of HHP.

Elizabeth Messick, an undergraduate in the Department of Exercise and Sport Science, will work with Dr. Paul Davis on his research project to examine the effects of moderate exercise on insulin resistance in moderately obese women between the ages of 18 and 30. If moderate exercise lowers insulin resistance, as these researchers hypothesize, the study will show how exercise could help to prevent diabetes as well as obesity.

In Memory

Lillian Edith Neal Frazier died Dec. 29, 2004. Edith was born in Washington, DC, and graduated from Woman's College in 1929, with a degree in physical education. She was in the Army during World War II, when she was stationed at bases in Iowa, Louisiana, North Carolina, Georgia, Indiana, France and Belgium. She was promoted to the rank of major before being discharged. Her work background was varied. She taught physical education in grades one through seven in Wilmington and at the State Industrial School of Samarcand at Pinehurst and grade five in Fayetteville and Stokesdale. She spent most of her career in Forsyth and Guilford counties, where she taught grade seven. She was also district supervisor for the Work Progress Administration (WPA) program and worked at the Veteran's Administration in Winston-Salem.

Julia May "Julie" Brown died in September 2003 in Madison, Wisc. Julia was a professor, athlete, pilot, world traveler, published author and visionary. She received a master's in education from Woman's College in 1953. She enjoyed a long career teaching at the university level from 1951 to 1994, when she retired from the University of Wisconsin-Madison. She authored numerous publications on a wide variety of subjects in the area of physical education. She also made several videos during her career, winning two first-place awards at the American Alliance for Health, Physical Education, Recreation and Dance national convention. Most recently, she completed a video charting the history of camping in Wisconsin. She was a member of the U.S. Olympic Kayak Committee and traveled to Munich in 1972 and Montreal in 1976.

In this issue of Horizons we have enclosed an envelope that provides a simple way to give a gift to the School of HHP Students First Campaign and to let us know about changes and accomplishments in your life, which may be shared in a future issue of Horizons.

In addition, we hope you will take a minute to look over the various initiatives and funds, as it is individual support that enhances our ability to stay on the forefront of quality education and research. If you would like to give a gift, please complete all necessary information on the bottom portion of the envelope.

New Initiative of the Center for Women’s Health and Wellness — A cohort study of Woman’s College Alumnae

The Center For Women’s Health and Wellness (CWHW) will soon survey alumnae of Woman’s College as part of a study to learn more about the factors that influence the health, wellness and quality of life of women as they age.

Researchers will examine the effect of the alumnae’s life choices, health behavior, environmental stressors, and personal and family health history. They expect the study results to expand knowledge about ways to improve women’s health.

The study revolves around the idea that the significant events in women’s lives — the multiple roles they balanced (as daughters, partners, mothers, community members) and the choices, obligations and trade-offs they encountered along the way —

can affect women’s health and well-being in later life.

The alumnae of Woman’s College provide an opportunity to study these issues in depth. For instance, the women in this cohort will be entering or be in retirement from their careers. Many will have raised their children, while others never had any. Many will be grandparents or be caretakers for their elderly parents. Some will have never married, while others will be married or will be widows. Many consistently worked full-time, while others went in and out of the workforce to raise children or did not choose to have a career outside the home.

Different pathways through life can also result in different resources in later life, such as retirement income,

support from children, self-awareness and esteem, and community ties. These resources can have an important effect on health status.

The study will begin with focus group discussions with alumnae who live in the Triad. These small group discussions will provide important qualitative data and personal stories about the course of women’s lives. This information will be used to develop a questionnaire that will be sent to the nearly 10,000 Woman’s College alumnae across the country.

If you receive a letter and questionnaire, please take time to complete it. If you would like more information, please call the CWHW office at (336) 334-4736 or visit our web site at www.uncg.edu/hhp/cwhw.

The University of North Carolina at Greensboro is a leading student-centered university, linking the Piedmont Triad to the world through learning, discovery, and service.

